Observation

Learning & Understanding

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Chapter 1 – Observation

I want to start this Spiritual Book by saying Observation is one of the most important skills and qualities to develop in life to help other people and make a difference. Observation is about **seeing and looking** at what is going on within humanity, animals, and the universe. Observation is very important in life because when you observe, you will **learn and understand**. Sometimes in life, we can be so busy doing many things that we never pay attention to what is going on within humanity, animals, and the universe.

Observation is something you need to learn if you are going to help other people, give back, and make a difference in people's lives. *Observation is not about just having your perception of what is going on but by seeing and looking; you will be able to discover what is happening in life.*

Right now, many people are busy doing many things which are unproductive and not helping other people. If you fail to observe and discover what is happening within humanity, animals, and the universe, you will never begin to help other people and make a difference.

Observation takes a **lot of patience and time** to develop in your life but can be one of the most spiritual transformational things you will ever discover.

Observation is seeing and looking without been judgemental or having any perception.

Observation is very important and must not be taken lightly. You must **observe, learn, and understand** what is going on within humanity, animals, and the universe.

In the world today, things seem to be so busy and crazy which is a very sad thing to see. Some people are not helping other people or giving back. Some people are chasing after money, houses, and cars. Some other people are so confused with themselves that they have become very depressed and unhappy.

There is a very important thing, observing, learning, and understanding, it would make you want to help other people and solve the problems within humanity, animals, and the universe.

Observation is the key to life, wisdom, knowledge, learning, and understanding.

Observation must be done for you to understand that humanity, animals, and the universe are going through a time of struggle.

Observation is simply learning to see and look at what is going on and this will help you understand that helping other people, giving back, and making a difference are very important in your life.

Observation would make you want to help other people and make a difference in people's lives.

It has become very difficult for people to observe, but you need to do it if you want to help other people and make a difference.

One of the hardest things to do is to see humanity, animals, and the universe struggling in a certain way. This will upset you a lot but also will help you discover true freedom and fulfilment.

Observation will change your life once you can do it.

Sometimes, the best observation you can do in your life is to be alone and just go to local parks and a coffee shop and just **see and look** at what is happening in humanity, animals, and the universe.

The important observation is the Simple Observations.

Seeing and looking at what is going on within humanity, animals, and the universe will bring up some emotions and feelings, but it would help you realize an important thing. Humanity, animals, and the universe are struggling and you need to help.

Observation

Seeing and Looking

Chapter 2 – Learning and Understanding

Learning and understanding are one of the most important things to do in life. From observation, that's looking and seeing at what is happening within humanity, animals, and the universe, you will start to learn and understand important things about life and the world we live in. Right now, most people are very busy working hard, chasing money, houses, and cars, and living an unproductive lifestyle which they keep on doing because they don't understand or learn,

It is very critical to learn and understand things in life because if you fail to not learn or understand, you will become very confused and you wouldn't understand who you are as a person or you wouldn't understand the problems within humanity, animals, and the universe.

Learning and understanding mean observing, seeing, and looking at what is going on in the world today. There are many different ways of learning and understanding things in life but the most important way of developing yourself and becoming free is to observe, see, and look.

Seeing and looking is not a judgmental thing to do, it is something you do to learn and

understand what is going on within humanity, animals, and the universe.

Learning and understanding become everything in your Spiritual Transformation.

Once you understand what is happening in the world and society at the moment, then it makes you want to do one thing to resolve this ongoing problem in the world today. You would want to help other people, help the animals, help the universe and do what you can to resolve these ongoing problems. People don't understand that they are the causes of all the problems in the world because of their behaviour and the way they live their life.

Most people right now in the world are completely ignorant of what is going on in the world and society and don't want to do anything to change humanity, animals, and the universe or try to resolve the situation.

The main thing you will realize from observing for many years and seeing and looking is that people don't want to help other people or give back, people don't care for animals, and people don't care for nature and the universe.

Once you understand this, your life should be focused on helping humanity, animals, and the universe.

Learning and understanding are everyday processes that you will have to go through daily. The more you observe, learn, and understand, the better you can work towards helping humanity, animals, and the universe.

Learning and understanding are extremely important and you will need to find a way to process all your learning and understanding.

One of the best ways to process your learning and understanding is keeping a journal in which you can write every single day and see from day to day what you have learned and understood.

Observation is the key to learning and understanding

Dear reader, I want you to commit today to see and look at what is going on in the world and society every single day and make a note in your mind about it.

Observation is a must for Spiritual Awakening and Spiritual Development

I believe once you have learned and understood the important life lessons, then you will have the dream and desire to help other people, care for animals, and care for nature. But without learning and understanding, you will never know how massive the ongoing problems are within the world and society.

Spending time alone and just by seeing and looking will make you observe everything you need to know and understand.

Observation – Do it when you are alone – seeing and looking with no judgemental or perception.

Learning and Understanding

Observation – See and Look at Everything!

Chapter 3 – Selflessly Helping Other People

Now that I have explained the importance of learning and understanding, we get to a very serious point in this spiritual book – selflessly helping other people.

Selflessly helping other people is one of the most important things to do in life because once you observe, learn, and understand, then you will realize that people need help and support because they are struggling and confused.

If you have observed well, you will realize that "the Self is the Problem" in the world and society today and that's the hidden reason why people's lives are completely messed up and have lots of serious problems. And the only way to resolve this problem and the only way to do it is when you become Spiritually Selfless.

Becoming Selfless is the ultimate life challenge to overcome.

Selflessness means you think about others before yourself. You want to focus on bettering humanity, animals, and the universe in some way. You don't care about money, houses, cars, or materialistic things.

Being Selfless means you have been Spiritually Awakened into a completely different human being.

The problem of the world today is "THE SELF"

Selflessly helping other people should be your life purpose once you have learned and understood what is going on with your Observation.

To devote your life to selflessly helping other people, you must "WHOLLY DEVOTE YOUR WHOLE LIFE COMPLETELY TO HELPING OTHER PEOPLE"

Once you wholly devote your life to helping other people, then you will become selfless because it is not about you anymore, it is about helping humanity, animals, and the universe in some way.

Selflessly helping other people will take everything and more to do in your life but that is the only way you learn and understand by doing the Observation.

Selflessly helping other people means a life of contributions to others.

Selflessly helping other people = Selflessness and No Self.

I want to say thank you to the people who inspired me to write this spiritual book – Observation:

- Jiddu Krishnamurti (Philosopher, Speaker, Author)
- Paul Dorrington (Lead Employment Specialist)

- Karen Meechan (Clinical Psychologist)
- Dag Heward Mills (Founder of Lighthouse Chapel International)
- Samaritans Volunteers

Dear reader, I hope you learned and understood the importance of Observation. Please make sure you help humanity, animals, and the universe.

Thank you for reading!

C.Rose

Christopher Liam Rose.

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3) The 15 Successful Habits
4) Selfless
5) Anointing
6) Life Purpose
7) Helping Other People
8) Giving Without Receiving
9) Fulfilment
10) Learn
11) It Is Not The Problems That Make You Who You Are, It Is The Person You Become That Make You Who You Are
12) The Evangelism Ministry
13) Learning Is A Part Of Living
14) The Self Is The Problem
15) I Don't Want
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